

Urination Changes



“My nurse told me how important it was to drink lots of water. She told me what changes to call about, such as a fever or pain.”

Tell your doctor or nurse if you have any of these changes:

- A strong urge to urinate more often
- Urine that is cloudy, or is a different color, such as orange, red, green, or dark yellow
- Urine that has a strong smell
- Trouble urinating

It is common for your urine to change color or smell different during chemotherapy. Talk with your doctor or nurse to learn what changes you should expect and ways to best manage them.



Call your doctor or nurse if you have:

- A fever of 100.5° F (38° C) or higher
- Chills
- Blood in your urine, or you are not able to urinate
- Pain or burning when you urinate



Questions to ask your doctor or nurse:

1. What problems should I call you about?
2. How much should I drink each day?
3. What liquids are best for me?
4. Are there liquids that I should drink **less of**?
5. Are there liquids that I should **not** drink?



Learn about liquids.

Drink more liquids.

- Drink liquids such as water, soup, milkshakes, and cranberry juice. Add extra water to the juice.
- Ask your doctor or nurse how many cups of liquid you should drink each day. Most people need to drink at least 8 cups a day.

Keep drinking liquids even if you have to go to the bathroom a lot. Liquids help your body to work well.

Some liquids can make bladder problems worse.

Talk with your doctor or nurse to learn what you should stop drinking or drink less of. These include:

- Drinks with caffeine, such as coffee, black tea, and soda.
- Drinks with alcohol, such as beer, wine, mixed drinks, and liquor.

FREE SERVICES TO LEARN MORE

National Cancer Institute Cancer Information Service

Phone: 1-800-4-CANCER (1-800-422-6237)
TTY: 1-800-332-8615
Online: www.cancer.gov
Chat Online: www.cancer.gov/help



NATIONAL
CANCER
INSTITUTE

NIH Publication No. 08-6455
Printed August 2008

